

## HOLLOW BRICKS.

**MR. GILBERT, BRICKMAKER,**

**BANHAM,**

Begs to inform the Public that he has for sale at his Brickyard "Hollow Bricks," glazed and unglazed, white and red. They are made in all respects similar to those of Prince Albert's Cottages at the Exhibition.

Address—Mr. Gilbert, Brickyard, Banham, Attleboro'.

## SCHOOLS AND COTTAGES.

**MESSRS. HUMPHREYS,**

**CARPENTERS AND BUILDERS,**

**BANHAM,**

Are ready to contract for building Schools and Cottages of Hollow Brick, on reasonable terms. A School similar to the one at Banham, viz., 42 feet by 18, may be built for £130 or £140.

ADDRESS—BANHAM, ATTLEBORO'.

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1874

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THE  
NEW GOLD FIELDS

OF  
BRITISH COLUMBIA  
AND  
VANCOUVER'S ISLAND:

A COMPLETE HANDBOOK FOR INTENDING  
EMIGRANTS.

THOSE WHO OUGHT AND THOSE WHO OUGHT NOT TO GO:  
YOUR OUTFIT—THE VOYAGE—DIET;  
DESCRIPTION OF THE COUNTRY—CLIMATE—WHERE THE GOLD  
LIES, AND HOW TO GET IT;  
ETC. ETC. ETC.

This new and important Colony contains the largest and richest Gold Mines  
in the World.

"Men at these Diggings get 3 to 10 ounces per day."—See "Times,"  
February 5, 1862.

London:  
PUBLISHED AT PLUMMER'S LIBRARY,  
46, THEOBALD'S ROAD,  
RED LION SQUARE, HOLBORN, W.C.



THE  
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OF  
BRITISH COLUMBIA  
AND  
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London:

PRINTED BY P. GRANT & CO., 4, RED LION SQUARE, HOLBORN, W.C

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EXTRACT from a LEADING ARTICLE in "*The Times*" of  
25th March, 1862.

"Nowhere is there such a field for adventure, and so good an opening for surplus population and struggling enterprise. Here is a region considerably larger than the British Isles. To all appearance an inexhaustible treasury of gold for all ages. The beds of the Fraser, and its two principal branches, making together a thousand miles, and the beds of sixty smaller tributaries flowing westward from the Mountains, all contain gold. There are vast placers, or plains, underlaid with gold, and British Columbia offers a good investment for labour and capital. It is no exaggeration but a simple fact, according to our own correspondent, that the Gold Diggings of British Columbia is a lottery in which there are no blanks, and the prizes are indeed splendid. While, with the rudest hand-labour, men are often found getting an ounce of gold per day, the hired labourers at the work, without sharing its risk, get £2. per day besides their keep. We are told of five men in two months obtaining, in a spot which promised ill at first, £20,000. Persons by farm service, by road making, by the care of horses, and other ordinary employment, may obtain in British Columbia from 12s. to 20s. per day, besides their rations. The country is beautiful, abounding in wood, water, and grass. There you can make your own fortune," &c. &c. &c.





# HANDBOOK FOR EMIGRANTS

TO

VANCOUVER'S ISLAND AND BRITISH COLUMBIA.

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WITH incident and anecdote we could spin this work out to an interminable length, but the grand thing arrived at is to preclude all superfluous matter, and lay before our readers in a condensed and useful form, a Hand or Guide Book, that the Emigrant on landing may know his line to chalk out, of course assuming that he will first provide himself with a large authentic Map of Columbia, (much greater than the narrow limits of this work would admit), then, with this Book in one hand, and the Map in the other, he can go straightway to the spot he feels disposed to select, with very little trouble or difficulty. He should well study the Map during the voyage, which will familiarize him with the colony, instead of feeling lost the moment he lands. For that purpose we give it in language both simple and explicit, and a whole volume



will be found condensed herein, and sufficient information for all purposes.

The first thing that catches the eye of the Emigrant, on the Map, is the island facing Columbia called

#### VANCOUVER'S ISLAND.

Here the Emigrant to Columbia is landed; it is a long narrow island on the west coast of North America, about 250 miles long, and 45 wide. It was surveyed by Lieutenant Vancouver in 1792, and until recently, was in the possession of the Hudson's Bay Company; it is now, however, a British Colony.

On the coast lying east, west, and south, are several beautiful bays, and in the interior, standing out in bold relief, are a chain of hills of considerable height, some of them over 200 feet. The interior has as yet not been thoroughly explored. The soil is rich and very productive; wheat, potatoes, swedes, turnips, peas, beans, oats and barley, thrive remarkably well; and a healthy and nutritious root grows wild in the open prairie, called "Kamass" a favorite food with the natives.

Iron, Copper, Gold and Silver, is abundant throughout the island. The animals found upon the island, consist of otters, squirrels, deer, minxes, and bears; there are also land and sea otters; it therefore provides good work for the Sportsman.

With the Hudson Bay Company, it was once a fine fur

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producing country, but it has now greatly diminished in  
this respect.

Fish of almost every description abound upon the  
coast.

The Island is inhabited by Indians, (formerly a savage but  
now a very harmless race) to the number of about 20,000,  
and about 500 white men, but eventually, Vancouver's  
Island and British Columbia will become a thickly popu-  
lated and important Colony.

Coal is abundant on Vancouver's Island.

Victoria, the principal town there, is large; the streets  
wide and well stoned, and the buildings well and taste-  
fully erected; population 4000 or thereabouts.

This is the landing place of the Emigrant on his voyage  
out from England.

There is a Governor on the island, and a legislative  
council and assembly, churches, schools, St. Ann's convent,  
and even a theatre may be here found.

Running between Vancouver's Island and British Co-  
lumbia, is the gulf of Georgia; this the emigrant has to  
cross, (a distance of 60 miles) for British Columbia, and  
is landed at New Westminster.

## BRITISH COLUMBIA.

The following are the names of the auriferous waters:—

|                                        |                   |
|----------------------------------------|-------------------|
| Fraser River.                          | Peace River.      |
| Similkameen River.                     | Columbia River.   |
| Thompsons River.                       | Buonaparte River. |
| Barriero River.                        | Tranquilla River. |
| Copper River.                          | North River.      |
| Swamp River.                           | Bridge River.     |
| Quesnelle River.                       |                   |
| Okanagan Lake and its<br>7 tributaries | Kamloops Lake.    |
| Nicola Lake.                           | Shushwap Lake.    |
| Harrison Lake.                         | Stump Lake.       |
| Cariboo Lake.                          | Quesnelle Lake.   |
| Rock Creek.                            | Keithley's Creek. |
| Nicaomcen Stream.                      | Nicola Stream.    |

These are the *Gold Regions*, and we now imagine ourselves at the landing town, called, New Westminster, in British Columbia, and start into the interior by the mouth of the Fraser River, the principal artery of the gold regions, (see map) into which fall the above streams, lakes, and minor rivers; and those Rivers mentioned above, and the streams, &c. tributary, are those that are productive of gold, and will be sufficiently noted, and those that are not, will be omitted, simply because mining districts are

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|                      |                   |
|----------------------|-------------------|
| Fraser River.        | Peace River.      |
| Kamameen River.      | Columbia River.   |
| Simpson's River.     | Buonaparte River. |
| Micro River.         | Tranquilla River. |
| Per River.           | North River.      |
| Emp River.           | Bridge River.     |
| Snello River.        |                   |
| Kanagan Lake and its | Kamloops Lake.    |
| tributaries          | Shushwap Lake.    |
| la Lake.             | Stump Lake.       |
| ison Lake.           | Quesnelle Lake.   |
| boo Lake.            |                   |
| ck Creek.            | Keithley's Creek. |
| omcen Stream.        | Nicola Stream.    |

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reams, &c. tributary, are those that are productive  
and will be sufficiently noted, and those that are  
be omitted, simply because mining districts are

the places that most greatly concern the emigrant at first  
inasmuch as the miners for some time to come will form  
the chief population.

We begin with

### FRASER RIVER,

The main artery of the auriferous regions.

The source of the south branch, is Mount Brown, in the  
Rocky Mountains, about 53 deg. north latitude, 118 deg.  
40 min. west longitude. This branch flows for 290 miles  
to Fort George, a post of the Hudson's Bay Company.

The north branch rises in an opposite direction, from  
a series of lakes between 54 deg. and 55 deg. north  
latitude, 124 deg. 50 min. west longitude, and runs a  
course of 260 miles to its Junction with the south Branch.

The Benches or Terraces on each side of Fraser River,  
are auriferous; they should be well worked with a rake,  
and a good force of water must be obtained, to apply to the  
face of the bench by a hose. A long sluice must be made  
with riffles at the bottom, spread with quicksilver to catch  
the gold.

The streams flowing from the east, are all auriferous;  
those that run from the west are not so.

The part called Peace River County, contains silver and  
other ores; it also has its source in the Rocky Mountains.

Leaving the Fraser at Fort Hope, one hundred miles from its mouth, and following to the southward and eastward for sixty miles, we come to the Similkameen.

A waggon road twenty-five miles long, from Fort Hope, and a bridle road of fifteen miles approaches this district. The mines are good "sluice and wet diggings."

Sixty miles further on to the southward, comes Okanagan; Okanagan lake is from eighty to one hundred miles long. A beautiful pastoral district; eight or ten miles wide, deep, and well suited to navigation. Not a great gold-producing part; but seven streams run into the lake, which do produce gold.

In the same direction, 150 miles from Fort Hope, is Rock Creek, (latitude 49 deg. north) sixty miles west of Columbia River, (longitude 119 deg. west). In 1860 great numbers flocked there; but they left for Cariboo; although gold is plentiful at Rock Creek, but Cariboo is the El Dorado.

There being no more mining localities of note on the southern frontier, we turn to the northward and westward for about 120 miles, passing on the way several auriferous streams flowing southward, in fact, in every direction through a pastoral and agricultural country.

Thompson's River rolls impetuously between high rocky banks. Its mouth is too full, rapid, and rocky for mining. Its source is not in the mountains, but comes from a number of lakes from a central part of the country lying eastward of the Fraser; stretches over two degrees

latitude, and two degrees longitude. It is about one hundred miles, and then a mining and trading Hamlet (the Thompson's River,) falls into the Fraser, and a little to the west of Fort Hope.

The streams flowing into the Nicola are the Nicola, Nicola Lake and Stump Lake. By three, the other is smaller.

The tributary on the opposite side of the river, from its mouth, is the Thompson's River, from its arable soil through which it flows. Of which, Loon and Vert, are the most important. Up stream, the Thompson has several lakes, the largest reach Lake Kamloops; Lake Thompson is about twenty and twenty long. From its mouth it takes its course to the east and north, and extends to Shushwap Lake. This lake is forty-five miles long, through rich pastoral lands, receives the waters of two other rivers which run into it; also two other rivers, which rise in the mountains of the Fraser from the valley, a little below the 51st parallel. Its longitude is 119 deg. of west longitude, Kamloops Lake is about twenty miles long. Tranquilla and Copper River are also small lakes.

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latitude, and two degrees longitude, (see map) it runs one hundred miles, and then at a town called Lytton, (a mining and trading hamlet on the forks of the two rivers,) falls into the Fraser; seventy-five miles north, and a little to the west of Fort Hope.

The streams flowing into the Thompson, are the Nicola and the Nicola. The Nicola drains two lakes, Nicola Lake and Stump Lake. Nicola Lake is eight miles by three, the other is smaller.

The tributary on the opposite side is the Bonaparte; an important river, from its auriferous deposits, and the arable soil through which it flows; it drains nine lakes, two of which, Loon and Vert, are twelve miles each long. Going up stream, the Thompson has three great bends, and then we reach Lake Kamloops; Lake Kamloops is twelve miles wide and twenty long. From this lake the river continues its course to the east and north, receives the waters of North River, and extends to Shushwap Lake, which also falls into it. This lake is forty-five miles long, and about ten wide; through rich pastoral lands, and studded with islands. It receives the waters of two other lakes, by the Barriere River which runs into it; also two other rivers of considerable length, which rise in the range which divides the valley of the Fraser from the valley of Columbia. The lake is a little below the 51st parallel of north latitude, and the 119 deg. of west longitude, passes over the east end of it. Kamloops Lake is about twelve miles further south. The Tranquilla and Copper River, both fall into Kamloops Lake.

A few miles from the east end of Lake Kamloops stands Fort Kamloops, an important trading station for the fur trade; it also carries on a large trade with the miners in the district.

The next river of note, is North River. On ascending this river it runs from the north; it has several tributaries of great length, some rising far to the eastward, and others draining a long chain of lakes, stretching far into the country, beyond the 53rd parallel of north latitude, embracing nearly three degrees of longitude; but its head waters flow from a range which is the watershed of Swamp River, flowing in an opposite direction into the Cariboo country; all the streams mentioned are auriferous. Those tributary to the Thompson, and those tributary to its affluents, and such portions of the Thompson itself, as runs through level ground, are auriferous. The banks are extensive; they require water ditches for "washing" them, as they run high. When the water is low, "rocking" on the bars of the river may be carried on. The country generally in this vicinity has not been prospected. This is about the centre of the Colony; eighty miles of this space from south to north, and 100 east to west, has not been developed. The face of the soil is pastoral; it is high table land, free from forest, but interspersed with Timber; climate dry and agreeable; winter not severe, and noted for its salubrity, and in fact, the whole colony is particularly healthy; but mosquitoes prevail during the summer.

Now we go down the North River to Fort Kamloops.

If we could pursue a straight western course from the

fort to Fraser River for 1 the new town of Lillooett two great routes of travel from Hope and Lytton by Harrison valley, and the L is the great final starting beyond this, there is no n of transport than horses, m

Lillooett is distant from starting point from the C River route, via Hope, Y by the Harrison route, via across several other lakes also, 238 miles.

By the first route the must walk or ride the rem

By the second, steamer William's Lake, twenty-made along the Harrison R open boat on the first la on the remaining three forty-nine miles long; the lakes (in all thirty-four The country is grand and

From Lillooett to the f is 260 miles.

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the North River to Fort Kamloops. The route is a straight western course from the

fort to Fraser River for 100 miles we should come upon the new town of Lillooett, situated at a point where the two great routes of travel into the interior meet; that from Hope and Lytton by the River, and that by the Harrison valley, and the Lillooett chain of lakes. Lillooett is the great final starting point to the northern mines; beyond this, there is no made road, and no other means of transport than horses, mules, and "footing it."

Lillooett is distant from the mouth of the Fraser, (at our starting point from the Gulf of Georgia,) by the Fraser River route, via Hope, Yale, and Lytton, 220 miles, and by the Harrison route, via Harrison Lake by steamer, and across several other lakes which are crossed by steamer also, 238 miles.

By the first route there are steamers up to Yale; you must walk or ride the remainder.

By the second, steamer to Douglas, then a stage coach to William's Lake, twenty-nine-and-a-half miles on a road made along the Harrison River. The journey is made by an open boat on the first lake of five miles; then steamers on the remaining three lakes, which together are forty-nine miles long; the distances between the various lakes (in all thirty-four miles) can be ridden or walked. The country is grand and beautiful.

From Lillooett to the first mine of Cariboo the distance is 260 miles.

A few miles beyond Lillooett on the same (west) side, is Bridge River which falls into the Fraser, it is very rich with gold; the gold is found by working in the rudest manner.



Further up is Quesnelle River—this also falls into the Fraser; this river has two branches; one drains Quesnelle Lake, (eastward of the Fraser and fifty miles long,) the other drains Cariboo Lake, which receives Swamp River and Lower Cariboo Lake, into which, a creek called, Keithley's Creek empties itself.

At the junction of the two branches a town, the nearest to Cariboo diggings, is built; the place is called "The Forks of the Quesnelle."

Both branches of the Quesnelle are rich with gold.

A chain of mountains run from the southern frontier (49 deg. north latitude,) in a north-westerly direction through the country; nearly parallel to the Rocky Mountains, they are the Snowy Mountains, Peak Mountains, and Bald Mountains; they are subordinate to the Rocky Mountains. The whole are found to be auriferous; they have been traced for 400 miles and found to be auriferous in every part. It is the longest stretch of gold-bearing country in the world.

The report of Mr. Douglas the Governor of the colony, relating to the yield of gold to the miners is almost of a fabulous description, and the miners never overrate their earnings.

The seasons are divided into summer and winter; the winter is from October to March, and the summer the remaining months. The climate is exceedingly healthy; the colony free from disease, and good order prevails throughout. The natives are willing workers, very

friendly, industrious, but sometimes given to

There is a great sea out the colony, and receive substantial of these.

There is now an A

Now, turning our matter, and, assuming the diggings of British misfortune to fail in his attention is to the soil, and the latter, prove to be the Emi-

Land can be bought per acre, payable by "Lands," and 160 acres are fine arable lands. Persons may acquire each person upon the 8s." These lands without any further veyor has made his before that is done

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The natives are willing workers, very

friendly, industrious, and always ready to earn a trifle,"  
but sometimes given to a "leetle" treachery.

There is a great scarcity of unmarried females through-  
out the colony, and no sooner do they arrive than they  
receive substantial offers of matrimony and future happi-  
ness.

There is now an Assay Office in British Columbia.

Now, turning our minds to the gloomy side of the  
matter, and, assuming the Emigrant has tried his luck at  
the diggings of British Columbia, and it has been his  
misfortune to fail in that respect, the next thing to engage  
his attention is to trade with the miners, or cultivate the  
soil, and the latter, with perseverance, will in that event  
prove to be the Emigrant's "gold mine."

Land can be bought on very easy terms; viz., 4s. 2d.  
per acre, payable by instalments, these are termed "Crown  
Lands," and 160 acres are allotted to each settler; they  
are fine arable lands. There are also "Unsurveyed Lands."  
Persons may acquire these lands to the extent of 160 acres  
each person upon the simple payment of a "record fee of  
8s." These lands the Emigrant may hold in possession  
without any further payment, until the Government Sur-  
veyor has made his survey. (It may be several years  
before that is done). The Emigrant must then obtain

from the nearest magistrate a certificate that the work is improved to the extent of 10s. an acre, upon which the Government immediately grant the land to the Emigrant in fee simple (which means to himself and his heirs for ever) at 1s. 2d. per acre.

The Emigrant may also, if he chooses, purchase *any* quantity of these "unsurveyed lands" by *immediate* payment of 1s. 2d. per acre.

Free miners (*i.e.* licensed miners) are allowed to search the land for precious metals, but the owner of the land is entitled to compensation in that event, and so, also, if the Government afterwards choose to make roads through the same.

Mechanics of every description will, for many years to come, find immediate employment; they have only to land, and their services are immediately required, at wages which in England would sound fabulous, inasmuch as common laborers get 1s. per day and victuals found them.

#### AS TO TRADING.

Here we acknowledge ourselves fairly puzzled to enumerate particular articles that "will sell," for in reality among an increasing population everything that is essential to human life and comfort will readily disappear; and we must therefore leave this to the Emigrant's own ingenuity; but we may as well mention, that if he intends trading, to make money with a vengeance; he will find

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magistrate a certificate that the work is to the extent of 10a. an acre, upon which the magistrate immediately grant the land to the Emigrant which means to himself and his heirs for ever per acre.

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every description will, for many years to come, find employment; they have only to land, and the men are immediately required, at wages which would sound fabulous, inasmuch as they get 14s. per day and victuals found them.

#### AS TO TRADING.

Knowledge ourselves fairly puzzled to explain the articles that "will sell," for in an increasing population everything that is useful in life and comfort will readily disappear; therefore leave this to the Emigrant's own discretion. We may as well mention, that if he intends to make money with a vengeance; he will find

himself happily successful in "a Beer and spirit store," for miners will, in spite of all things, indulge freely in this respect. Teetotallers will certainly condemn us on this point, but we give it only in fairness to the Emigrant and Trader, who naturally feels grateful to know the most profitable use for his capital.

Provisions of all kinds, however, fetch fabulous prices in a mining district.

#### BANKING ACCOMMODATION.

The Bank of British North America is the source of remittances to and from British Columbia and Vancouver's Island; the principal department is situate No. 7, St. Helen's Place, Bishopsgate, London.

#### OUTFIT.

The following is all that will be found really necessary, but it only applies to the man of small means, who wishes to land with "as much as he can possibly keep in his pocket." Others who require comfort and luxury can make their own additions according to their means and station; but none, however, should burden themselves with too much baggage, for they will find it a great drawback, to say nothing of the heavy expense.

## OUTFIT FOR A SINGLE MAN. . . .

A strong waterproof coat  
Two thick blue flannel shirts  
A pea jacket (made very warm  
Waistcoat and trousers to match (a sleeved waist-  
coat is best)  
A light drill or fustian jacket and trousers  
A pilot overcoat  
A pair of strong leather braces  
Three pairs stout worsted stockings or socks  
Three pairs cotton stockings or socks  
Six pocket handkerchiefs  
One pair boots  
One pair of high waterproof ditto  
Six strong loose cotton shirts  
One strong felt hat  
One light soft ditto  
Three towels  
Shaving glass, brush, and razor  
Hair brush and comb  
Two pounds marine soap  
One pair of blankets  
One sheet  
A flock or hair bed or mattress and pillow  
Blacking and brushes  
Knife and fork  
A pint drinking mug  
Tin bowl and can

## FIT FOR A SINGLE MAN.

Waterproof coat  
 Blue flannel shirts  
 (made very warm  
 and trousers to match (a sleeved waist-  
 coat)  
 or fustian jacket and trousers  
 coat  
 Strong leather braces  
 Stout worsted stockings or socks  
 Cotton stockings or socks  
 Handkerchiefs  
 Boots  
 High waterproof ditto  
 Coarse cotton shirts  
 Felt hat  
 Ditto  
 Brush, and razor  
 Comb  
 Marine soap  
 Blankets  
 Air bed or mattress and pillow  
 Brushes  
 Mug  
 Can

One tin plate  
 Table spoon and tea spoon  
 A hook pot should also be taken.

Messrs. Carman & Pearce, of No. 1, Three King Court,  
 Lombard Street, will furnish this outfit (by commission)  
 for about £6 18s. 0d.

## SINGLE WOMAN'S OUTFIT.

A thick warm dress  
 Two or three cotton ditto  
 Two or three flannel petticoats  
 Two cotton ditto  
 Six pocket handkerchiefs  
 Three night caps  
 Six sleeping jackets  
 One pair stays  
 Six chemises  
 One shawl (light)  
 Four caps  
 Two bonnets  
 A thick warm cloak  
 Three pair black worsted stockings  
 Six cotton ditto  
 Two pairs boots (or a pair of shoes in lieu of one  
 pair of boots)  
 Six towels

Messrs. Carman & Pearce, of No. 1, Three King Court,  
 Lombard Street, commission agents, will furnish this out-  
 fit at a very low cost.

#### MARRIED PERSONS

Can easily judge for themselves from the foregoing list.

#### THE VOYAGE.

Every passenger has to sleep and rise at certain hours, pursuant to the ship's regulations.

No fires kept alight after about 7 p.m.

No lights allowed between deck or in the hold.

Each passenger has to clean up his berth, roll up his bed, &c., and cleanliness is the order of the day.

The passengers undertake these duties in turns, as ordered by the captain.

Washing days usually about twice a week.

Sundays are observed as religiously as possible.

Passengers are not allowed to carry gunpowder, under a very heavy fine.

No smoking between decks.

Gambling or riotous conduct strictly forbidden.

The passengers are relieved of fire arms or dangerous weapons as soon as they embark.

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### PASSENGER ACT.

Each Emigrant ought to provide himself with a copy of  
this Act before embarking.

### DIET.

The following is the ordinary Scale of Diet for each  
Second Class Passenger weekly:—

Preserved Meat, 2 lbs.  
Soup and Bouilli,  $\frac{1}{2}$  lb.  
York Ham,  $\frac{1}{2}$  lb.  
Fish,  $\frac{1}{2}$  lb.  
Prime India Beef, 1 lb.  
Irish Meas Pork,  $1\frac{1}{2}$  lb.  
Biscuit, 4  $\frac{1}{2}$  lbs.  
Flour, 4  $\frac{1}{2}$  lbs.  
Rice, 1 lb.  
Barley,  $\frac{1}{2}$  lb.  
Peas,  $\frac{1}{2}$  pint.  
Oatmeal,  $\frac{1}{2}$  pint.  
Raw Sugar, 1 lb.  
Lime Juice, 6 oz.  
Tea, 1  $\frac{1}{2}$  oz.  
Coffee, 3 oz.  
Butter,  $\frac{1}{2}$  lb.  
Cheese,  $\frac{1}{2}$  lb.  
Currants,  $\frac{1}{2}$  lb.





Raisins,  $\frac{1}{2}$  lb.  
 Suet, 6 oz.  
 Pickles,  $\frac{1}{2}$  pint.  
 Mustard,  $\frac{1}{2}$  oz.  
 Pepper,  $\frac{1}{2}$  oz.  
 Salt, 2 oz.  
 Potatoes,  $3\frac{1}{2}$  lb.  
 Water, 21 quarts.

There is a difference in the diet of Steam Ships and Sailing Ships, but the Owners always furnish a list of food supplied on board, on application at their respective Offices.

#### THOSE WHO OUGHT TO GO.

Capitalists, Artizans, Mechanics, Labourers and Able-bodied Men of every description.

Unmarried Females.

#### THOSE WHO OUGHT NOT TO GO.

Persons of a weak constitution, of no particular trade or calling.

Raisins,  $\frac{1}{2}$  lb.  
 Suet, 6 oz.  
 Pickles,  $\frac{1}{2}$  pint.  
 Mustard,  $\frac{1}{2}$  oz.  
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#### THOSE WHO OUGHT TO GO.

Artists, Artizans, Mechanics, Labourers and Able-men of every description.

Married Females.

#### THOSE WHO OUGHT NOT TO GO.

Persons of a weak constitution, of no particular trade or occupation.

#### YOUR HEALTH.

Beware of, and guard against yellow fever. Sulphate of quinine is a good, and in fact, the best preventative; next to that we must add personal cleanliness, i.e. frequent ablution, and do not be afraid of cold baths if you can get them, there is no fear of taking cold.

The symptoms of yellow fever are—headache, dry and burning skin, parched lips and dry mouth.

Champagne is the greatest enemy of yellow fever, and if you can afford to take half a dozen, do so, but it must be of good quality.

One ounce of quinine will be sufficient for the voyage; take 3 grains to form one dose daily, as a *preventative*. If attacked by the above symptoms, take 3 doses a day until it abates, if it should *not* abate then immediately consult the Doctor.



